

Fitness



Key Words

Key Movement Skills:

Agility – the ability to change direction quickly.
Balance - the ability to maintain stability when stationary (static balance) or when moving (dynamic balance).
Co-ordination - moving two or more body parts at the same time.
Speed - how fast you are travelling.
Stamina - the ability to move for sustained periods of time.
Strength - the amount of force your body can use.



Key Vocabulary:

Accelerate - speed up.
Decelerate - slow down.
Control - being able to perform a skill with good technique.
Direction - forwards, backwards, sideways.
Dynamic - on the move.
Static - on the spot.
Muscle - tissue that helps us to move our bodies.
Progress - to improve.
React - to respond to quickly.
Record - to make note of.
Technique - the action used correctly.



At the end of our lessons, we will be asking:

- How did this lesson make you feel?
- Why is fitness important?
- What activities could you do at home to improve your fitness?
- What are the benefits of looking after our physical health?

This unit will also help you to develop other important skills.

Social support others, work safely, communication

Emotional perseverance, determination, honesty

Thinking identify areas of strength and areas for development





School Games Values



The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons.

Skills

Agility:

Keep your elbows bent when changing direction to help you to stay balanced.

Balance:

You need to squeeze different muscles to help you to stay balanced in different activities.

Co-ordination:

If you begin in a ready position, you can react quicker.

Stamina:

You need to pace yourself when running further or for a long period of time.

Speed:

A high knee drive, pumping your arms and running on the balls of your feet will give you more power.

Strength:

Strength comes from different muscles and it can be improved in different ways.

The Impact of Physical Activity

Regular physical activity can do so many wonderful things to your overall health and fitness. It helps improve memory, makes you feel happier and gives you more energy. Regular exercise helps to build strong bones, strengthen your muscles and even improves sleep.

Physical fitness includes many different parts and these elements are so important in everyday activities such as:

- Agility: if you need to dodge someone in a busy playground.
- Balance: when you put trousers on.
- Co-ordination: when brushing your teeth.
- Speed: when running after a bus.
- Stamina: when playing the whole of lunchtime.
- Strength: when carrying your school bag.

